

# Aquatics

## Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850  
240-314-8750  
[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)



The Swim Center has two indoor and two outdoor pools, outside interactive "sprayground," 150-foot waterslide, dry saunas, whirlpool and fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

**Closed Sun., Jan. 1, New Years Day**  
**No Swim Classes held April 2-8**

### Fees:

**M = RSFC Member • NM = Non-RSFC Member**

## Registration Procedures

### Residents or Swim Center Members

Tuesday, Dec. 13, 8:30 a.m.

### Non-residents or Non-Swim Center Members

Tuesday, Dec. 20, 8:30 a.m.

### Registration Deadline

One week prior to start date

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

### Mail to:

Swimming Lessons  
RSFC  
355 Martins Lane  
Rockville, MD 20850

### Fax to:

Swimming Lessons  
240-314-8759

## Fitness Room

### Featuring:

- Rowing Machines
- 4 - Treadmills
- 4 - Elliptical Machines
- 2 - Recumbent Bikes
- 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment and Free Weights
- Meeting Room and Kitchenette (available for rentals and parties)



**240-314-8750**

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)

# Aquatics

## Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City of Rockville does not provide a form for this purpose. Note: Non-toilet trained children must wear a swim diaper under tight fitting vinyl pants. Pants are on sale at the center.

### Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety.

Age: 6-18 mo.				M/NM
37549	Tu	1/3-2/21	9-9:30 AM	\$71/\$89
37553	Sa	1/7-2/18	10:50-11:20 AM	\$62/\$78
37551	Su	1/8-2/19	10:25-10:55 AM	\$62/\$78
37550	Tu	2/28-4/17	9-9:30 AM	\$62/\$78
37554	Sa	3/3-4/21	10:50-11:20 AM	\$62/\$78
37552	Su	3/4-4/22	10:25-10:55 AM	\$62/\$78

### Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking.

Age: 18 mo.-3 yr.				M/NM
37557	M	1/2-2/20	2-2:30 PM	\$71/\$89
37561	Th	1/5-2/23	9-9:30 AM	\$71/\$89
37555	Sa	1/7-2/18	10:10-10:40 AM	\$62/\$78
37559	Su	1/8-2/19	9:50-10:20 AM	\$62/\$78
37562	Su	1/8-2/19	11:30 AM-12 PM	\$62/\$78
37558	M	2/27-4/16	2-2:30 PM	\$62/\$78
37564	Th	3/1-4/19	9-9:30 AM	\$62/\$78
37556	Sa	3/3-4/21	10:10-10:40 AM	\$62/\$78
37560	Su	3/4-4/22	9:50-10:20 AM	\$62/\$78
37563	Su	3/4-4/22	11:30 AM-12 PM	\$62/\$78

### Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking.

Age: 3-5				M/NM
37532	W	1/4-2/22	2-2:30 PM	\$71/\$89
37531	Th	1/5-2/23	9:30-10 AM	\$62/\$78
37535	Sa	1/7-2/18	9-9:30 AM	\$62/\$78
37533	Sa	1/7-2/18	11:25-11:55 AM	\$62/\$78

37537	Su	1/8-2/19	9:15-9:45 AM	\$62/\$78
37541	Su	1/8-2/19	11-11:30 AM	\$62/\$78
37539	W	2/29-4/18	2-2:30 PM	\$62/\$78
37540	Th	3/1-4/12	9:30-10 AM	\$62/\$78
37536	Sa	3/3-4/21	9-9:30 AM	\$62/\$78
37534	Sa	3/3-4/21	11:25-11:55 AM	\$62/\$78
37538	Su	3/4-4/22	9:15-9:45 AM	\$62/\$78
37542	Su	3/4-4/22	11-11:30 AM	\$62/\$78

### Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well.

Age: 3-5				M/NM
37545	Sa	1/7-2/18	8:25-8:55 AM	\$62/\$78
37543	Sa	1/7-2/18	9:35-10:05 AM	\$62/\$78
37547	Su	1/8-2/19	8:40-9:10 AM	\$62/\$78
37546	Sa	3/3-4/21	8:25-8:55 AM	\$62/\$78
37544	Sa	3/3-4/21	9:35-10:05 AM	\$62/\$78
37548	Su	3/4-4/22	8:40-9:10 AM	\$62/\$78

### Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6				M/NM
37573	M	1/2-2/20	4:40-5:10 PM	\$77/\$96
37575	W	1/4-2/22	4:40-5:10 PM	\$77/\$96
37574	M	2/27-4/16	4:40-5:10 PM	\$67/\$84
37576	W	2/29-4/18	4:40-5:10 PM	\$67/\$84

## Look What's NEW . . . in Aquatics

Swim 4 Fitness for Teens— p. 65  
Aqua Power <sup>3</sup>/<sub>4</sub> Hour — p. 67  
Swimmer's Boot Camp — p. 68

# Aquatics

## Preschool Swim

We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. **Note:** Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.

### Floaters 1

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6				M/NM
37582	M	1/2-2/20	3:30-4 PM	\$77/\$96
37596	M	1/2-2/20	4:05-4:35 PM	\$77/\$96
37588	Tu	1/3-2/21	4:30-5 PM	\$77/\$96
37598	Tu	1/3-2/21	5:05-5:35 PM	\$77/\$96
37602	Tu	1/3-2/21	5:40-6:10 PM	\$77/\$96
37600	W	1/4-2/22	4:05-4:35 PM	\$77/\$96
37604	Th	1/5-2/23	5:40-6:10 PM	\$77/\$96
37580	F	1/6-2/24	3:30-4 PM	\$77/\$96
37606	F	1/6-2/24	4:40-5:10 PM	\$77/\$96
37577	Sa	1/7-2/18	9-9:40 AM	\$67/\$84
37578	Sa	1/7-2/18	10:30-11:10 AM	\$67/\$84
37579	Sa	1/7-2/18	11:15-11:55 AM	\$67/\$84
37584	Su	1/8-2/19	9-9:40 AM	\$67/\$84
37585	Su	1/8-2/19	9:45-10:25 AM	\$67/\$84
37586	Su	1/8-2/19	10:30-11:10 AM	\$67/\$84
37587	Su	1/8-2/19	11:15-11:55 AM	\$67/\$84
37583	M	2/27-4/16	3:30-4 PM	\$67/\$84
37597	M	2/27-4/16	4:05-4:35 PM	\$67/\$84
37590	Tu	2/28-4/17	4:30-5 PM	\$67/\$84
37599	Tu	2/28-4/17	5:05-5:35 PM	\$67/\$84
37603	Tu	2/28-4/17	5:40-6:10 PM	\$67/\$84
37601	W	2/29-4/18	4:05-4:35 PM	\$67/\$84
37605	Th	3/1-4/19	5:40-6:10 PM	\$67/\$84
37581	F	3/2-4/20	3:30-4 PM	\$67/\$84
37607	F	3/2-4/20	4:40-5:10 PM	\$67/\$84
37589	Sa	3/3-4/21	9-9:40 AM	\$67/\$84
37591	Sa	3/3-4/21	10:30-11:10 AM	\$67/\$84
37608	Sa	3/3-4/21	11:15-11:55 AM	\$67/\$84
37592	Su	3/4-4/22	9-9:40 AM	\$67/\$84
37593	Su	3/4-4/22	9:45-10:25 AM	\$67/\$84
37594	Su	3/4-4/22	10:30-11:10 AM	\$67/\$84
37595	Su	3/4-4/22	11:15-11:55 AM	\$67/\$84

### Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, kicking, arm strokes and rhythmic breathing.

Age: 4-6				M/NM
37609	M	1/2-2/20	4:05-4:35 PM	\$77/\$96
37611	Tu	1/3-2/21	5:05-5:35 PM	\$77/\$96
37613	W	1/4-2/22	3:30-4 PM	\$77/\$96
37629	Th	1/5-2/23	4:30-5 PM	\$77/\$96
37615	Th	1/5-2/23	5:05-5:35 PM	\$77/\$96
37627	F	1/6-2/24	3:30-4 PM	\$77/\$96
37617	F	1/6-2/24	4:05-4:35 PM	\$77/\$96
37619	Sa	1/7-2/18	9:45-10:25 AM	\$67/\$84
37620	Sa	1/7-2/18	11:15-11:55 AM	\$67/\$84
37621	Su	1/8-2/19	9:45-10:25 AM	\$67/\$84
37622	Su	1/8-2/19	11:15-11:55 AM	\$67/\$84
37610	M	2/27-4/16	4:05-4:35 PM	\$67/\$84
37612	Tu	2/28-4/17	5:05-5:35 PM	\$67/\$84
37614	W	2/28-4/17	3:30-4 PM	\$67/\$84
37630	Th	3/1-4/19	4:30-5 PM	\$67/\$84
37616	Th	3/1-4/19	5:05-5:35 PM	\$67/\$84
37628	F	3/2-4/20	3:30-4 PM	\$67/\$84
37618	F	3/2-4/20	4:05-4:35 PM	\$67/\$84
37623	Sa	3/3-4/21	9:45-10:25 AM	\$67/\$84
37624	Sa	3/3-4/21	11:15-11:55 AM	\$67/\$84
37625	Su	3/4-4/22	9:45-10:25 AM	\$67/\$84
37631	Su	3/4-4/22	10:30-11:10 AM	\$67/\$84
37626	Su	3/4-4/22	11:15-11:55 AM	\$67/\$84





# Aquatics

## Children/Teen Swim

We love parents ... but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

### Youth 1

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be able to put their face all the way in the water and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 6+				M/NM
37689	W	1/4-2/22	3:30-4 PM	\$70/\$88
37698	F	1/6-2/24	4:05-4:35 PM	\$70/\$88
37691	Sa	1/7-2/18	9:45-10:25 AM	\$62/\$77
37692	Sa	1/7-2/18	10:30-11:10 AM	\$62/\$77
37693	Su	1/8-2/19	10:30-11:10 AM	\$62/\$77
37696	Su	1/8-2/19	12-12:40 PM	\$62/\$77
37690	W	2/29-4/18	3:30-4 PM	\$62/\$77
37699	F	3/2-4/20	4:05-4:35 PM	\$62/\$77
37694	Sa	3/3-4/21	9-9:40 AM	\$62/\$77
37695	Su	3/4-4/22	10:30-11:10 AM	\$62/\$77
37697	Su	3/4-4/22	12-12:40 PM	\$62/\$77

### Strokers 1

Children who can swim a combined stroke on their front and back and can do kicking with arm stroking for at least eight yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Age: 4-7				M/NM
37649	M	1/2-2/20	4:40-5:10 PM	\$77/\$96
37651	W	1/4-2/22	4:05-4:35 PM	\$77/\$96
37653	Th	1/5-2/23	5:05-5:35 PM	\$77/\$96
37655	F	1/6-2/24	4:40-5:10 PM	\$77/\$96
37657	Sa	1/7-2/18	9:45-10:25 AM	\$67/\$84
37658	Su	1/8-2/19	9-9:40 AM	\$67/\$84
37659	Su	1/8-2/19	11:15-11:55 AM	\$67/\$84
37650	M	2/27-4/16	4:40-5:10 PM	\$67/\$84
37652	W	2/29-4/18	4:05-4:35 PM	\$67/\$84
37654	Th	3/1-4/19	5:05-5:35 PM	\$67/\$84
37656	F	3/2-4/20	4:40-5:10 PM	\$67/\$84
37660	Sa	3/3-4/21	11:15-11:55 AM	\$67/\$84
37661	Su	3/4-4/22	9-9:40 AM	\$67/\$84

### Strokers 2

This class is for children who can swim a coordinated crawl stroke and back stroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl and treading water. Students will be introduced to elementary back stroke and breast stroke.

Age: 4-7				M/NM
37671	M	1/2-2/20	3:30-4 PM	\$77/\$96
37669	Tu	1/3-2/21	5:40-6:10 PM	\$77/\$96
37662	W	1/4-2/22	4:40-5:10 PM	\$77/\$96
37673	Th	1/5-2/23	4:30-5 PM	\$77/\$96
37665	Sa	1/7-2/18	9-9:40 AM	\$67/\$84
37666	Su	1/8-2/19	10:30-11:10 AM	\$67/\$84
37670	Tu	2/28-4/17	5:40-6:10 PM	\$67/\$84
37663	W	2/29-4/18	4:40-5:10 PM	\$67/\$84
37674	Th	3/1-4/19	4:30-5 PM	\$67/\$84
37667	Sa	3/3-4/21	9:45-10:25 AM	\$67/\$84
37664	Sa	3/3-4/21	10:30-11:10 AM	\$67/\$84
37668	Su	3/4-4/22	11:15-11:55 AM	\$67/\$84

**"Spring Break"**  
**No Swim classes held April 2-8**

**When you're in Rockville,  
 you're in the:**



Respect and Responsibility **for your actions.**

**Respect for  
 yourself.  
 Respect for  
 others.  
 Responsibility**

City of Rockville  
 Department of Recreation and Parks  
[www.rockvillemd.gov/Rzone](http://www.rockvillemd.gov/Rzone)

# Aquatics

## Youth 2

A class for children who can submerge for 5-10 seconds and do a front float. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Age: 6+				M/NM
37706	Tu	1/3-2/21	4:30-5 PM	\$70/\$88
37700	Sa	1/7-2/18	9-9:40 AM	\$62/\$77
37701	Sa	1/7-2/18	10:30-11:10 AM	\$62/\$77
37702	Su	1/8-2/19	9-9:40 AM	\$62/\$77
37703	Su	1/8-2/19	12-12:40 PM	\$62/\$77
37710	M	2/27-4/16	3:30-4 PM	\$62/\$77
37707	Tu	2/28-4/17	4:30-5 PM	\$62/\$77
37704	Sa	3/3-4/21	9:45-10:25 AM	\$62/\$77
37705	Su	3/4-4/22	9-9:40 AM	\$62/\$77
37708	Su	3/4-4/22	12-12:40 PM	\$62/\$77

## Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on their front and back should take this class. Children will learn back crawl, whip kick, rhythmic breathing, how to tread water and will improve their stroke.

Age: 6+				M/NM
37711	Sa	1/7-2/18	9-9:40 AM	\$62/\$77
37713	Su	1/8-2/19	9:45-10:25 AM	\$62/\$77
37714	Su	1/8-2/19	10:30-11:10 AM	\$62/\$77
37715	Su	1/8-2/19	12-12:40 PM	\$62/\$77
37716	Sa	3/3-4/21	9-9:40 AM	\$62/\$77
37712	Sa	3/3-4/21	10:30-11:10 AM	\$62/\$77
37717	Su	3/4-4/22	9-9:40 AM	\$62/\$77
37720	Su	3/4-4/22	9:45-10:25 AM	\$62/\$77
37718	Su	3/4-4/22	10:30-11:10 AM	\$62/\$77
37719	Su	3/4-4/22	12-12:40 PM	\$62/\$77

*Thank You!*

A sincere "thanks" to Montgomery County Road Runners who contributed \$2,500 to the Rockville Youth Recreation Fund. Their generosity allows hundreds of children to participate in recreation and child care programs.



## Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and back stroke for 15 yards should take this class. Children will work on perfecting front and back crawl and treading water. Elementary back stroke and breast stroke as well as butterfly arms will be introduced.

Age: 6+				M/NM
37721	Sa	1/7-2/18	10:30-11:10 AM	\$62/\$77
37722	Sa	1/7-2/18	11:15-11:55 AM	\$62/\$77
37723	Su	1/8-2/19	9-9:40 AM	\$62/\$77
37725	Su	1/8-2/19	11:15-11:55 AM	\$62/\$77
37730	Su	1/8-2/19	12-12:40 PM	\$62/\$77
37727	Sa	3/3-4/21	9-9:40 AM	\$62/\$77
37724	Sa	3/3-4/21	9:45-10:25 AM	\$62/\$77
37726	Sa	3/3-4/21	11:15-11:55 AM	\$62/\$77
37728	Su	3/4-4/22	9:45-10:25 AM	\$62/\$77
37729	Su	3/4-4/22	11:15-11:55 AM	\$62/\$77

## Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary back stroke in good form as well as tread water, dive into and swim in deep water. Children will learn breast stroke and side stroke. All other previously learned strokes will be refined.

Age: 6+				M/NM
37731	Sa	1/7-2/18	9-9:40 AM	\$62/\$77
37732	Sa	1/7-2/18	11:15-11:55 AM	\$62/\$77
37733	Su	1/8-2/19	9:45-10:25 AM	\$62/\$77
37734	Su	1/8-2/19	11:15-11:55 AM	\$62/\$77
37735	Sa	3/3-4/21	9:45-10:25 AM	\$62/\$77
37737	Su	3/4-4/22	12-12:40 PM	\$62/\$77
37736	Su	3/4-4/22	9:45-10:25 AM	\$62/\$77
37738	Su	3/4-4/22	9-9:40 AM	\$62/\$77

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## Youth 6

The class requires the ability to swim two lengths (50 yards) of front crawl, back crawl and 15 yards of side stroke, all in good form. Children will work on breast stroke, turns and the dolphin kick in addition to refining other strokes.

Age: 6+				M/NM
37739	Sa	1/7-2/18	9:45-10:25 AM	\$62/\$77
37740	Sa	1/7-2/18	11:15-11:55 AM	\$62/\$77
37741	Su	1/8-2/19	9:45-10:25 AM	\$62/\$77
37742	Su	1/8-2/19	10:30-11:10 AM	\$62/\$77
37746	Sa	3/3-4/21	9-9:40 AM	\$62/\$77
37743	Sa	3/3-4/21	10:30-11:10 AM	\$62/\$77
37744	Su	3/4-4/22	9-9:40 AM	\$62/\$77
37745	Su	3/4-4/22	11:15-11:55 AM	\$62/\$77

## Youth 7

Swimmers who are able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breast stroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Note: Swimmers must have passed Youth 5 and 6 in order to register.

Age: 6+				M/NM
37747	Sa	1/7-2/18	10:30-11:10 AM	\$62/\$77
37748	Su	1/8-2/19	9-9:40 AM	\$62/\$77
37749	Su	1/8-2/19	11:15-11:55 AM	\$62/\$77
37750	Su	1/8-2/19	12-12:40 PM	\$62/\$77
37751	Sa	3/3-4/21	10:30-11:10 AM	\$62/\$77
37752	Su	3/4-4/22	10:30-11:10 AM	\$62/\$77
37753	Su	3/4-4/22	12-12:40 PM	\$62/\$77

## Mini-Swim Team Prep

Children should be able to swim 25 yards of freestyle and back stroke. A legal competitive breast stroke will be taught as well as an introduction to butterfly. Children are encouraged to take this course prior to registering for swim team.

Age: 5-6				M/NM
37642	Th	1/5-2/23	5:40-6:10 PM	\$77/\$96
37641	Th	3/1-4/19	5:40-6:10 PM	\$67/\$84



## Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke and one length (25 yards) of butterfly. Speed and endurance will be emphasized as well as turns and racing starts. Note: Swimmers must have passed Youth 6 and 7 to enroll.

Age: 7+				M/NM
37679	Sa	1/7-2/18	9:45-10:25 AM	\$62/\$77
37681	Su	1/8-2/19	9:45-10:25 AM	\$62/\$77
37682	Su	1/8-2/19	10:30-11:10 AM	\$62/\$77
37680	Sa	3/3-4/21	11:15-11:55 AM	\$62/\$77
37683	Su	3/4-4/22	9:45-10:25 AM	\$62/\$77
37684	Su	3/4-4/22	10:30-11:10 AM	\$62/\$77
37685	Su	3/4-4/22	11:15-11:55 AM	\$62/\$77

## Swim 4 Fitness for Teens *New*

Geared towards young adults with prior swim experience (must be at least Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards will be issued for this class.

Age: 12-17				M/NM
37933	Su	1/8-2/19	12-12:45 PM	\$62/\$77
37934	Su	3/4-4/22	12-12:45 PM	\$62/\$77

## Adult Swim

### Adult - Beginner I

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
37500	Tu	1/3-2/21	8:20-9:05 PM	\$70/\$88
37499	W	1/4-2/22	8:35-9:20 PM	\$70/\$88
37501	Tu	2/28-4/17	8:20-9:05 PM	\$62/\$77
37502	W	2/29-4/18	8:35-9:20 PM	\$62/\$77





# Aquatics

## Adult - Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breast stroke will be demonstrated. Adult Beginner 1 is recommended prior to taking this class.

Age: 14+				M/NM
37503	W	1/4-2/22	8:35-9:20 PM	\$70/\$88
37505	Th	1/5-2/23	8:20-9:05 PM	\$70/\$88
37504	W	2/29-4/18	8:35-9:20 PM	\$62/\$77
37506	Th	3/1-4/19	8:20-9:05 PM	\$62/\$77

## Adult - Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary back stroke and breast stroke. Adult Beginner 2 is recommended prior to taking this class.

Age: 14+				M/NM
37508	Tu	1/3-2/21	8:20-9:05 PM	\$70/\$88
37507	Tu	2/28-4/17	8:20-9:05 PM	\$62/\$77

## Adult - Beginner 4

If you can swim one length of the pool but still need work on endurance and technique you should take this class. Rhythmic breathing and treading water are skills required prior to taking this class. Front and back stroke, breast stroke, elementary back stroke and side stroke techniques will be stressed. Level 3 is recommended prior to taking this class. Skills will be taught to prepare students for Adult Stroke Correction.

Age: 14+				M/NM
37509	Th	1/5-2/23	8:20-9:05 PM	\$70/\$88
37510	Th	3/1-4/19	8:20-9:05 PM	\$62/\$77

## A WAITING LIST ...



***If your desired class is filled, you will be notified and placed on a wait list.***

We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

## Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Back stroke, free style, breast stroke, elementary back stroke and side stroke will be further developed. Endurance and breathing are stressed. These sessions are not for beginners. Level 4 is recommended prior to attending.

Age: 14+				M/NM
37511	Th	1/5-2/23	10:10-10:55 AM	\$70/\$88
37512	Th	3/1-4/19	10:10-10:55 AM	\$62/\$77

## Adult Water Fitness

### Aqua Blast

Have a blast in our fast-paced, deep-water exercise class. Ideal for anyone who wants a vigorous workout first thing in the morning. The class consists of a variety of cardiovascular exercises designed to improve endurance and strengthen the heart. It includes concentrated segments for abdominals, as well as barbell work for muscle toning.

Age: 18+				M/NM
37513	Tu & Th	1/3-4/19	6:35-7:20 AM	\$139/\$169

### Aqua Boot Camp

This fast-paced class will help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size, or fitness level, you can achieve very noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+				M/NM
37514	F	1/6-4/20	10:10-10:55 AM	\$70/\$85

### Aqua Fitness

Enjoy a low-impact, high-intensity program designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 16+				M/NM
37515	M & W	1/2-4/18	8:30-9:15 AM	\$139/\$169
37518	Tu & Th	1/3-4/19	8:30-9:15 AM	\$139/\$169
37519	Tu & Th	1/3-4/19	9:15-10 AM	\$139/\$169
37517	W & F	1/4-4/20	8:30-9:15 AM	\$139/\$169
37520	F	1/6-4/20	8:30-9:15 AM	\$70/\$85

# Aquatics

## Aqua Power 3/4 Hour *New*

This vigorous shallow water class was developed from current scientific research supporting high intensity intervals (specifically timed, fast paced motions alternating with slower paced moves) as an efficient way to increase your metabolism and burn fat.

Age: 16+				M/NM
37935	M	1/2-4/16	9:15-10 AM	\$70/\$85
38048	W	1/4-4/18	9:15-10 AM	\$70/\$85

## Aqua Sculpt

This class utilizes the whole pool creating a total body workout. The shallow water offers a low impact strengthening program where the focus is on form. The deep water enables you to step up the intensity and work on core muscles and power to develop a high level of fitness without impact. (Formerly Aqua Jog)

Age: 14+				M/NM
37526	M & W	1/2-4/18	10:15-11 AM	\$139/\$169
37528	M	1/2-4/16	10:15-11 AM	\$70/\$85
37527	W	1/4-4/18	10:15-11 AM	\$70/\$85

## Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+				M/NM
37529	F	1/6-4/20	9:15-10 AM	\$70/\$85

## Deep Water Running/Conditioning

This program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.

Age: 18+				M/NM
37565	Tu	1/3-4/17	10:10-10:55 AM	\$70/\$85
37567	Tu & Th	1/3-4/19	10:10-10:55 AM	\$139/\$169
37566	Th	1/5-4/19	10:10-10:55 AM	\$70/\$85

**"Spring Break"**  
**No Swim classes held April 2-8**

## Deep Water Workout

Enjoy a class ideal for participants who need a no-impact workout which is taught in the deep end of the South Pool. Strengthen your core muscles and get an excellent workout without adding any stress to knees or hip joints. Floatation belts are used.

Age: 16+				M/NM
37568	M	1/2-4/16	9:15-10 AM	\$70/\$85
37571	Tu	1/3-4/17	7:35-8:20 PM	\$70/\$85
37569	W	1/4-4/18	9:15-10 AM	\$70/\$85
37572	Th	1/5-4/19	7:35-8:20 PM	\$70/\$85
37570	F	1/6-4/20	9:15-10 AM	\$70/\$85

## H2O Walking

Join this fitness program which includes walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardiorespiratory fitness. Thirty minutes of water walking equals two hours of land walking. Taught in deep and shallow water. Music may be used.

Age: 15+				M/NM
37632	M	1/2-4/16	9:20-10:05 AM	\$70/\$85
37635	Tu	1/3-4/17	7:35-8:20 PM	\$70/\$85
37633	W	1/4-4/18	9:20-10:05 AM	\$70/\$85
37636	Th	1/5-4/19	7:35-8:20 PM	\$70/\$85
37634	F	1/6-4/20	9:20-10:05 AM	\$70/\$85

## Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 15+				M/NM
37675	Tu	1/3-4/17	11:10-11:55 AM	\$75/\$92
37676	Tu	1/3-4/17	9:15-10 PM	\$75/\$92
37677	Th	1/5-4/19	11:10-11:55 AM	\$75/\$92
37678	Th	1/5-4/19	9:15-10 PM	\$75/\$92





# Aquatics

## Swimmer's Bootcamp *New*

This rigorous, high intensity, water-based fitness program will challenge swimmers of all shapes and ages. The class incorporates swimming, modified plyometrics, water aerobics, strength and cardiovascular exercises to get a total body workout. Participants must be able to tread water and swim 100 yards with their face submerged prior to taking this class.

Age: 16+ M/NM  
37976 Th 1/5-4/19 10:15-11 AM \$70/\$85

## Twinges in Your Hinges

This course is designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared towards increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improving cardiovascular fitness are also emphasized.

Age: 14+ M/NM  
37686 M & W 1/2-4/18 9:15-10:15 AM \$152/\$191  
37687 Tu & Th 1/3-4/19 8:30-9:30 AM \$152/\$191

## Senior Swim

### 60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. You don't need to swim or even get your hair wet. Some swim equipment is used. Note: Senior residents pay the member fee.

Age: 60+ M/NM  
37498 Tu & Th 1/3-4/19 2:05-2:50 PM \$67/\$85

### Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay the member fee.

Age: 60+ M/NM  
37647 M, W & F 1/2-4/20 10:10-10:55 AM \$103/\$127

### Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced. Note: Senior residents pay the member fee.

Age: 60+ M/NM  
37646 M, W & F 1/2-4/20 11:05-11:50 AM \$103/\$127

## Senior Exercise Swim

Need to stop those aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Note: Senior residents pay the member fee.

Age: 60+ M/NM  
37648 M & W 1/2-4/18 2:35-3:20 PM \$67/\$85

## Special Swim

### Aqua Gait Training

This class is for participants of pre- or post-knee or hip replacement/surgery. It's intended to strengthen and tone muscles and help restore balance and flexibility and is taught in waist deep water. Students will use the ramp entry to the North Pool and must be able to walk with minor assistance. A doctor's approval is recommended prior to the start of class.

Age: 16+ M/NM  
37522 Tu & Th 1/3-2/23 9:35-10:05 AM \$74/\$80  
37523 Tu & Th 2/28-4/19 9:35-10:05 AM \$65/\$70

### Aqua Pre and Post-Natal Workout

Designed with the needs of women who are currently pregnant or recently delivered, this low-impact class will help keep you fit during and after your pregnancy. Consult your doctor before enrolling.

Age: 18+ M/NM  
37524 F 1/6-2/24 10:10-10:55 AM \$40/\$48  
37525 F 3/2-4/20 10:10-10:55 AM \$35/\$42



### RockvilleRec is now on Twitter

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## Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise program. Tailored to individual needs.

Age: 18+ M/NM  
37530 Tu & Th 1/3-4/19 10:10-10:55 AM \$157/\$199

## Rockville Masters Swimming

It's designed specifically for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group will not be required to attach to RMSC for team purposes. This class is a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Age: 18+ M/NM  
37643 M, W & F 1/2-4/20 6:30-7:30 AM \$185/\$226  
37644 M & W 1/2-4/18 6:30-7:30 AM \$136/\$169  
37645 M 1/2-4/16 6:30-7:30 AM \$81/\$101

## Women's Synchronized Swimming

Join us and combine swimming and exercise at the same time. This exciting program will teach water movements and the strokes you need. Class may be split according to ability.

Age: 18+ M/NM  
37688 Tu 1/3-4/17 9:40-11 AM \$110/\$138

## Certification and Training

### Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim-100 front crawl, 100 breast stroke, 100 front crawl or breast stroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR.

Age: 15+ M/NM  
37640 Th 3/15-5/17 7-10:30 PM \$175  
37639 Su-F 3/31-4/6 4-10 PM \$175

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